



Fearless Hearts Foundation
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*Welcome to the 12th issue, Volume 2, of **InfiniSynechis**, a publication
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Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

*The Fundamental Things **

Letting go of the past and An exercise in detachment

Letting go of the past

"Let it Be" sang the Beatles. It is my favorite of all their songs, even if I may say, I love all their songs. "Whisper words of wisdom, let it be."

Hanging on to an idea or to some thing or someone is an attachment that we all feel at one time in our lives but to go forward we have to let go of the past.

I am reminded of the paradoxes of holding water as you cup your hand, or taking a scoop of sand. If you squeeze your hand in anyway, water comes out, or sand falls. The same is true of everything in life. The more we hang on to things/people/events, the more we find ourselves feeling a loss. In that moment,

we choose to suffer. Nobody wants to suffer and yet our conditioned reactions make it our default mode.

The antidote for suffering is conscious awareness. We feel the feeling and appreciate it, for it reminds us that we are alive, and then, we choose to let go. We choose to let it be. In the moment that we truly let go, when we are no longer part of the drama but a mere observer, we see the space with which we can create and life begins anew.

Becoming aware of who we are is a product of meditation.

We begin life moment by moment, each breath is a new beginning .

Whatever it is that you are feeling at the moment, let it be and then let it go. You have the power to choose. Choose freedom.

An exercise in detachment : When we look into the mirror, essay.

Article Source: https://EzineArticles.com/expert/Melinda_M._Sorensen/106714

When we look into the mirror, what do we see? Why is it that sometimes the mirror says we are fat or thin, plain or pretty, dazzling or dull?

Mirrors reflect without feelings, water wets and then flows, always fluid. The perfect analogy of "detached from evil in the midst of evil and detached from good in the midst of good."

There are days when I do not see myself in the mirror. When I do, there is still an attachment to form that I sense in me. I judge my body, I judge my face, my hair, I judge the outfit that I am wearing. I still feel the need to be validated as this personality. Definitions after definitions.

The realized ones tell us time and time again that there is no abiding self, that each of us, are created moment to moment, and this wondrous body as ours is nothing but a shell that gets filled and emptied moment to moment. As we cannot

step on the same stream twice, so we cannot re-create who we were a moment ago, and to try to do so will only lead us into further delusion...delusion after delusion.

*To hang on to this solid self is heretical and also a means of "fooling ourselves and deceiving others" But how do we escape? As Chögyam Trungpa said in *The Myth of Freedom* "The absence of struggle is in itself freedom."*

And I am still chasing sayings instead of letting be or simply being. I am trapped in words as I am trapped in the illusion of the solid self that I see when I face the mirror.

Perhaps when I am free, I can look into the mirror and see the light instead of the lines on my face or the graying hair on my head.

Perhaps it is even possible in this lifetime.

Chögyam Trungpa was the founder of Naropa University in Boulder, Colorado and Shambhala

Philanthropy

Notable Philanthropists: Jeff Bezos announces first recipients of his Earth Fund

Jeff Bezos names first recipients of his \$10 billion Earth Fund for combating climate change

- Amazon CEO and founder Jeff Bezos on Monday announced the first 16 recipients of the Earth Fund, which is designed to invest in scientists, activists and other organizations combating the effects of climate change.
- Bezos said in an Instagram post that the \$791 million grants is "just the beginning" of the \$10 billion Earth Fund.
- The Recipients:

Environmental Defense Fund \$100M
Natural Resources Defense Council \$100M
The Nature Conservancy \$100M
World Resources Institute \$100M
World Wildlife Fund \$100M
Climate Works Foundation \$50M
Climate and Clean Energy Equity Fund \$43M
The Hive Fund for Climate and Gender Justice \$43M
The Solutions Project \$43M
Energy Foundation \$30M
Salk Institute for Biological Studies \$30M
Union of Concerned Scientists \$15M
NDN Collective \$12M
Dream Corps Green For All \$10M
Rocky Mountain Institute \$10M
Eden Reforestation Projects \$5.0M

Business Insights*

Fundamentals of Being in Business

Business Ideas: Adjusting to the Current Business Climate

Commentary

After studying several successful companies, some patterns emerge.

- 1. The thriving companies continue to adjust to current consumer demands.*
- 2. They upsell i.e, they offer other products to the current consumers*
- 3. They make sure the consumers know that their product is being delivered on time.*

JPMorgan CEO Jamie Dimon: People with these traits succeed – ‘not the smartest or hardest-working in the room’

According to Jamie Dimon, chairman and CEO of JPMorgan Chase, the most successful leaders have certain key traits.

“[H]umility, openness, fairness [and] being authentic” are most important – “not [being] the smartest person in the room or the hardest working person in the room,”

Dimon, who runs the nation's largest bank and oversees more than 250,000 employees globally, told LinkedIn editor in chief Daniel Roth in a recent video.

**Disclaimer : The information provided in this section of InfiniSynechis is for educational purposes only and not to be considered as Financial Advice.*

Announcement*

This issue, the 12th and last in Volume 2 of InfiniSynechis will be the last for a while. We will resume the publication in 2022. The previous issues are archived and the links can be found on the foundation updates page.

Send us a Feedback*

If you have any feedback on the current and past issues, please feel free to email us at infinisynechis@gmail.com

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